Building Myself Back Up: Tracking and Habit Formation Post-Concussion

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I think my concussions are getting concussions.
Time spent on computer each week

- Head injury
- Too much computer
- Actually resting
HOW DO I ADULT?
BUILD

ALL THE HABITS!!!
Time spent on computer each week

- Head injury
- Too much computer
- Building myself back up
- Actually resting
- Last week of term
Rule: No new dailies until existing dailies are all blue
Lesson 1: This concussion was an inflection point
Sleep Restriction

No Alcohol Within 4 Hours of Bed Time

Track Sleep

No Napping

Sleep Restriction
Lesson 2: Each habit is different
Where do you want your five tons of time?

Hey Paul Studio / Flickr

vs.

Hiking Arist/ Flickr
Lesson 3: Dailies don’t work for everything
Rule: Get $> 0$ active minutes
OR ride my bike daily
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